

Volume 13, Issue 7

July 2014

## POOL OPENS!

The LOE pool officially opened on Thursday, June 5th with a community celebration on Saturday, June 7th. Over 150 residents attended the openings and more than 250 key fobs were issued during both days. A special thanks to Georgia Shotwell and the social committee for bringing the food and drinks. The 7 dozen donuts and 5 dozen kolaches were a big hit!

Some of the new clubhouse features are now open. The airconditioned restrooms and the security features (cameras and key fobs) are fully operational. The clubhouse building is still in progress and we ask all residents to please not enter the areas still under construction. However, window peeking is allowed and encouraged. Many residents commented on the beautiful new stained ceilings in the covered outdoor areas and the significantly greater shaded areas. It is now a beautiful place to sit and relax. Come join us at the pool!!

Please familiarize yourself with the pool rules. The pool will be open from 6:30 am - 8:00 pm. Previously, the pool opened at 10:00 am, but with the new security, it can open earlier. The pool will continue to be closed on Monday's for cleaning and chemical treatments. Greater Houston Pool will also be on site on Wednesdays



and Fridays for additional cleaning and pool maintenance. All the pool rules are necessary, but one rule of particular importance is the use of swim diapers on infants and small children. Any fecal matter in the pool will require a shutdown for a full 24 hours for additional treatment. Also wheeled devices (skateboards, bikes, scooters, etc) are prohibited in the pool area. Finally no children under the age of 16 should be at the pool without parental supervision. Your cooperation is sincerely appreciated.

If you couldn't attend either opening day and missed the inperson opportunity to get your fob, contact First Service Residential and they will assist you with the paperwork. You can submit the information by mail and the fob(s) will be returned to you within one week.



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Gate Attendant713-937-88				
Waterfowl, Betty Burkett713-302-99				
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Cy-Fair Fire Department - (emergency)281-466-61				
(non-emergency)				
Poison Control1-800-764-76				
Texas DPS713-681-17	'61			
Waste Management713-695-40	155			
(trash collection Mondays & Thursdays)				
TNG Utility (Water) 281-350-08	\$95			
Harris County Tax Office713-224-19	19			
Reliant Energy 713-207-77				
CenterPoint (gas)713-659-21	11			
Center Point (street light)713-207-22				
(give pole # of street which is out)				
Comcast	00			
Houston Chronicle713-220-72				
Metro Transit Info713-635-40	00			
Kirk Elementary 713-849-82	250			
Truitt Middle School281-856-11	00			
Cy-Falls High School281-856-10	00			
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#### LOE BOARD OF DIRECTORS

To contact a member of the Board of Directors, call Elise Campagna with First Service Residential at 713-932-1122. Leave the number where you can be reached. Your message will then be forwarded onto one of the following board members:

Carlon Thorpe	President
Gary Fehsenfeld	Vice President
David Westphal	
Doug Ray	
Gene Giles	Director

Visit the Association Website: www.lakesoneldridge.net





#### NEW STOP SIGNS

The majority of stop signs in our community have been replaced with high visibility signs. The sign poles were also painted to give a cleaner appearance. The trees at the tennis courts have been trimmed to increase the visibility at night on the courts. All the trash cans in the community have been repainted or replaced. A new Dr. Pepper machine has been installed at the clubhouse offering bottled water, sport drinks and Snapple as well as Dr. Pepper products.





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## FLEX ROOM USAGE

The LOE Board and Fitness Committee would like your input regarding interest in regularly scheduled fitness classes to be held in the Flex Room of our new clubhouse. Fitness classes such as Yoga, Zumba, Kickboxing, and Aerobics are some examples that may be conducted in the Flex Room.

If you would like to see these or other classes offered, please email your preferences to First Service at Elise.Campagna@ fsresidential.com. Below is a sample of the information we would like to determine. All classes will be offered free of charge and will be led by Resident instructors/ sponsors. If you are interested in being an instructor or can recommend a Resident that may be willing to lead classes, please provide that information to Elise.Campagna@fsresidential.com.

Results of the survey will be compiled by the Fitness Committee. Based on the responses, a proposed schedule of classes will be made available to the community. We envision that classes and instructors may modify their schedules as required to meet needs and interests. Any changes in schedules will be communicated by the Fitness Committee through First Service.

Frequency	Days	<u>Start</u> <u>Time</u>	Suggested Instructor
(times per week)			
2	Tues, Thurs	9:00 AM	Jane Doe – 555 555-XXXX
3	Mon, Wed, Fri	10:30 AM	John Doe –777 777-XXXX
	(times per week)	(times per week) 2 Tues, Thurs	(times per week)



#### Proposed Addicks-Tanner Trails Will Connect LOE to Houston Bike and Hike Trails

Did you know that over 50 miles of west Houston hike and bike trails are almost within reach of LOE residents? The Harris County Parks Department is considering a connection between Tanner Road and the top of Addicks Dam for their 2015 budget. A complementary project is in development to provide access along Tanner Road to the new connector. With these in place, a biker or hiker will be able to reach Terry Hershey Park without being on road. How can you help? Later this year, demonstration of public support will be critical to getting the project in the 2015 budget. If you would use these trails, please contact Bryan Dotson at bryan.dotson@live.com (281-961-6116) to register your support.



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Come join us for play dates during the weekday an weekends. This is a fun group of stay at home and working moms. Join by searching LOE Moms. Questions? EmailLOEplaygroup@gmail.com



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#### OPEN HOUSE - Thurs. Jan. 23rd - 5-7 p.m.

#### THANK YOU For Another GREAT LOE Swim Team Season

Another LOEST season is over and great fun was had by all! Congratulations are in order first and foremost to the swimmers who all did their very best at every meet, and then to their dedicated parents and coaches, who all worked hard to give the children a wonderful experience they will not forget!

It was another very competitive year made tougher by having to swim all meets away from our home pool, but our swimmers still did great against the competitors they faced.

Many thanks go to all volunteers who made it all possible and did it with great enthusiasm, and to all the residents of LOEN and VAL who very graciously hosted our practices and pep rallies this season.

Look here next month to find out how the team performed in the Divisionals and the Invitationals. But if you cannot wait, the latest information on the team and all its offerings is as always on our website:

www.loedolphins.org

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# CALLOWAY/CORNELIUS GOOD NEIGHBOR PROGRAM

With all the rain we received in May and all the sunshine in June every yard could be a winner! Just roll up your sleeves, get your hands used to working with Mother Earth. You too could be a Yard of the Month winner. The following is a list and photos of our two winners and names of our two honorable mentions for July:

Winner: Frank & Sandy Morello 12414 Lake Shore Ridge



Winner: Ronald & Claudine Joseph 12107 Auburn Shores Ct.



Honorable Mention: Ken & Cat Dye – 13202 Shermons Pond Honorable Mention: Jason & Tiffany Melton – 5402 Wyndham Springs Congratulations to you all for a job well done! Winners, please allow 8 weeks for receiving your gift certificate from Cornelius.

Wishing you and your family a safe and happy Tuly 4th!

Buying or selling, please remember us for all your real estate needs.



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## LOE BOOK CLUB

We have had great discussions at all of our meetings so far this year. Our book selections have turned out to be very interesting reads. Consider joining us on the 4th Monday of each month at 7:30 P.M. We take turns hosting the meeting and sometimes change the date or book, so please contact celeste.fritz@gmail. com to get the details for each meeting.

May 19 – Americanah by Chimamanda Ngozi Adichie. One of *The New York Times's* Ten Best Books of the Year and an NBCC Award Finalist. An NPR "Great Reads" Book, a *Chicago Tribune* Best Book, a *Washington Post* Notable Book, a *Chicago Tribune* Best Book, a *Washington Post* Notable Book, a *Seattle Times* Best Book, an *Entertainment Weekly* Top Fiction Book, a Newsday Top 10 Book, and a Goodreads Best of the Year pick. A powerful, tender story of race and identity by Chimamanda Ngozi Adichie, the award-winning author of *Half of a Yellow Sun*.

June 23 – Me Before You by Jojo Moyes. They had nothing in common until love gave them everything to lose . . . Louisa Clark is an ordinary girl living an exceedingly ordinary life—steady boyfriend, close family—who has barely been farther afield than their tiny village. She takes a badly needed job working for ex Master of the Universe Will Traynor, who is wheelchair bound after an accident. Will has always lived a huge life—big deals, extreme sports, worldwide travel—and now he's pretty sure he cannot live the way he is.

July 28 – The Boy on the Wooden Box by Leon Leyson. Even in the darkest of times—*especially* in the darkest of times—there is room for strength and bravery. A remarkable memoir from Leon Leyson, one of the youngest children to survive the Holocaust on Oskar Schindler's list.

**August 25 – Inferno by Dan Brown.** Harvard professor of symbology Robert Langdon awakens in an Italian hospital, disoriented and with no recollection of the past thirty-six hours, including the origin of the macabre object hidden in his belongings. With a relentless female assassin trailing them through Florence, he and his resourceful doctor, Sienna Brooks, are forced to flee. Embarking on a harrowing journey, they must unravel a series of codes, which are the work of a brilliant scientist whose obsession with the end of the world is matched only by his passion for one of the most influential masterpieces ever written, Dante Alighieri's *The Inferno.* 



#### Please Clean After Your Dog

One of the best things about LOE is the abundance of sidewalks, footpaths and beautiful views that make taking walks an easy and very pleasant break from our frenetic lives. It is a real pity then to come across spots that are starting to look like doggy restrooms...

Please be a good neighbor! When you take your dog for his or her constitutional, bring a bag along and don't leave anything behind, whether it is on a neighbor's lawn or on one of the public areas. We are all counting on each other to keep LOE beautiful!

> YOGA Classes

Feel like giving yourself some time out? So much to do in your day that need some down time to recharge?

We offer private, semi private or group lessons for all levels, from the restorative and centering Yin yoga to the dynamic Ashtanga Vinyasa sequence. You will find a space on your mat to be present and mindful in your life!

For more details please contact Gabriela at gabmarbretto@hotmail.com (LOEN resident).

## DANIELLE GEBARA

Resident of Lakes on Eldridge North

832-788-6002 danielle@dgebara.com Proud to be involved!





## **MOSQUITO CONTROL**

How many people want mosquitoes in our neighborhood? It seems that in Houston, we have more than our share. It is reported that there are more than 175 different known species and 80 of them are supposedly found in Texas.

It is also reported that mosquitoes can smell humans from an impressive distance of up to 50 meters. They are attracted by carbon dioxide that we exhale. While it is only the female mosquitoes that bite, they are seeking blood to fertilize their eggs.

Ever notice that some humans may be more susceptible to mosquitoes than others? Supposedly, genetics are responsible for 85% of an individual's susceptibility to mosquito bites. A person's body biochemistry causes certain chemicals to be exposed on the person's skin that really make mosquitoes swarm closer. People with high concentrations of steroids or cholesterol on their skin seem to really attract mosquitoes. It is not simply people that have higher cholesterol levels, but are people that are more efficient at processing cholesterol and that efficient processing causes byproducts to be on the surface of their skin and attract mosquitoes. People that produce excess amounts of certain acids, such as uric acid, also tend to attract mosquitoes. LOE has long had a contract with a pest control company to spray for mosquitos around the community on a weekly basis in the late evenings throughout the spring, summer and fall. Recognizing that LOE has been suffering a few extra mosquitoes lately, the Board has asked the pest control company to spray the community twice a week after heavy rains. While community wide spraying will help us all, residents can reinforce this service by spraying their yards, too.



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#### CAPTION 1

CAPTION 2

CAPTION 3

CAPTIC

#### The Modern Game: The Forehand Approach Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the "modern" game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more "weapons" on the court.

In this issue, I will offer instructions on how to execute the Top Forehand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a "winner" or as an "approach shot."

In the illustrations, Christian Smith, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Christian is coached by the Director of the Tennis Academy, Darin Pleasant.

**Step 1:** The Back Swing: When Christian sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand in front of his body for balance. He has loaded his right hip to help him drive his weight forward. His grip is relaxed and his wrist is "laid back" to allow maximum

point of contact.

**Step 2:** The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Christian started the swing high and "looped" it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His right shoulder is almost opening and his weight has now been shifted toward the front.

CAPTION 4

*Step 3:* The Follow Through: In order to get maximum control and power, Christian is keeping his left arm in front as he extends through the shot. He has "snapped" his left wrist and has the head of the racket facing down. His weight is in the process of shifting forward.

*Step 4:* The Finish: Christian's upper body acceleration forced his head of the racket to "wrap around" his left hip, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley.

**Step 5:** The Ready Position: Once Christian hits the ball, he must get ready to volley if the ball was not a "winner". By the smile on his face, his forehand approach shot was successful and is waiting for an easy return to "kill" the next shot. His knees are slightly flexed, he is in a good athletic stance and his eyes are focused on the oncoming ball.

Look in the next Newsletter for: "The Modern Game: The Backhand Approach Shot"

## SHALOM

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- Chanukah parties
- Passover Seders
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BEFORE AND AFTER SCHOOL CARE FOR ALL AGES AND PROGRAMS

## THE MISUNDERSTOOD OPPOSSUM

#### by: TWRC Wildlife Center

Opossums are animals that most people don't think are cute and cuddly. They've got long rat-like tails, they creep around at night doing who knows what and they sure look mean. By learning a little about them, hopefully you'll see them in a different light.

The Virginia opossum is the only marsupial (carries babies in a pouch like a kangaroo) in the USA and Canada. They carry fewer diseases than dogs and cats and because of their low body temperature, the rabies virus in the breed is very rare. The last case of rabies in an opossum in Texas was in 1983. They have 50 teeth, more than any other mammal in North America. And, yes, they really do play dead when frightened in hopes that the predator will leave so they can escape.

Opossums usually have two litters per year and the gestation period is only 13 days. They can have up to 21 babies but usually only about half survive. They have only 13 teats so it's first come, first served. They are furless, blind and the size of a bean at birth. After birth, they crawl all by themselves into the mother's pouch. The babies immediately latch onto a nipple. It swells causing it to be firmly attached to the baby for up to 7 weeks. Once out of the pouch, they cling to their mother's fur for about three months.

How do they benefit us? They're scavengers and they eat all the creepy things we don't like including rats, mice, roaches, grubs and venomous snakes. They especially like carrion (dead animals).

I can't do anything about their looks but hopefully you now know how beneficial they are. Of all the animals TWRC Wildlife Center admits every year, 37% of them are mammals and of those 37%, opossums make up 32% of the mammal admissions.

TWRC Wildlife Center is the oldest wildlife rehabilitation center in the Houston area and admits over 5,000 animals every year. Stop in, meet our staff and volunteers and find out more about what we do and how you can help. For more information please visit our website at www.twrcwildlifecenter.org or call 713-468-8972.





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#### DOWN ACROSS 1. Chunk 1. Attired 5. Tramp 2. Earring need 9. Run 3. Organization of Petroleum 10. Confuse **Exporting Countries** 11. Cain killed him 4. Efface 12. To that time 5. Egg layer 13. Fraud 6. Many times 15. Compass point 7. Capital of Idaho 16. Taught 8. Eyed 18. Hides 10. Combustible material 21. Brew 14. Angry 22. Large meals 17. Old Testament prophet 26. Sheer, triangular scarf 18. Fireproof storage areas 28. Midwestern state 19. Climate 29. Electronic mail 20. Summary 30. First letter of the Arabic 23. Fly alone alphabet 24. Matching 31. September (abbr.) 25. Secure 32. Polish 27. Whack

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

## **SEND US YOUR** Event Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue. Email the picture to lakesoneldridge@peelinc.com Be sure to include the text that you would like to have as the caption. Pictures will appear in color online at *www.PEELinc.com*.





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